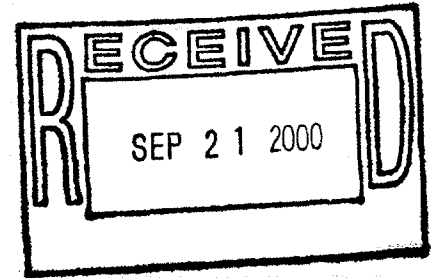


September 18, 2000



Office of Special Nutritionals (HFS-450)  
Center for Food Safety & Applied Nutrition  
Food and Drug Administration  
200 C Street SW  
Washington, D.C. 20204

Dear Sir or Madam:

This letter will serve as a 30-day notification, pursuant to 403 (r)(6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Name and address of Dietary Supplement Manufacturer: Twin Laboratories, Inc.  
150 Motor Parkway  
Hauppauge, NY 11788

Text of statement being made: "Studies indicate that the 7% carbohydrate in HYDRA FUEL is optimum for fluid replacement and energy during prolonged exercise. The combination of glucose and sodium has proven most effective for enhancing fluid absorption and preventing dehydration. For maximum effectiveness, the carbohydrate in HYDRA FUEL is composed primarily of glucose (approximately 5%) with small amounts (about 2%) of fructose; this combination has been found best for rehydrating and replenishing muscle and liver glycogen stores." "HYDRA FUEL also supplies important minerals for better carbohydrate and energy metabolism."

Dietary supplement ingredients: Glucose and Fructose, Phosphorous, Magnesium, Chromium, Chloride, Sodium, and Potassium.

Product brand and name: Twinlab HYDRA FUEL.

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that Twin Laboratories, Inc., has substantiation that the statement is truthful and not misleading.

Sincerely,

A handwritten signature in dark ink, appearing to read "Neil Blechman".

Neil Blechman  
Executive Vice President  
Twin Laboratories, Inc.

Enclosures

975-0162

65897